

## RUBY

Wearing Ruby has the effect of energizing and activating one's physical, mental and emotional bodies. Rubies enhance one's passion and fortitude, allowing for the wholehearted pursuit of one's aspirations. They eliminate feelings of hopelessness or defeat from one's thoughts, and they open the wellspring of optimism and determination needed to accomplish difficult goals. They impart a feeling of power to the wearer, improving self-confidence and adventurousness.

Rubies vibrate with an enthusiasm for life, instilling an openhearted willingness to make whatever leaps of faith are required to move forward. If one feels stuck in any sort of rut—in career, in relationships, or in one's spiritual path—Ruby can provide the energy to get things moving.

Ruby brings powerful healing to the emotions. Emotional disharmony is often caused by congestion in the emotional body. Such congestion interrupts the natural flow and expression of emotions. This can lead to all kinds of unwanted emotional conditions, such as depression and emotional burnout. When one wears Ruby, the red ray identifies and collects in any areas of emotional congestion and then loosens and dissolves this congestion. This allows for powerful emotional healing to take place.

Ruby stimulates sexual energy and desire and can aid one in overcoming sexual dysfunction and some types of infertility. Ruby speaks, too, of the sensual pleasures of life—of beauty and the expression of one's creative energy. It is a powerful stone for those who are trying to develop a more loving attitude toward their physical bodies and can be a great help in regulating the metabolism.

Rubies have been used in the treatment of fever, and heart disorders relating to blood flow through the ventricles. It can be used to decrease the length of time required for chemicals and toxins to exit the body.

